PICK A BETTER SNACK



About

Pick a **better** snackTM is an evidence-based program to encourage children and families with low-incomes to eat more fruits and vegetables and live active lifestyles. Through monthly nutrition lessons in the classroom, K-3 grade students learn about and taste different fruits and vegetables in a positive environment. Students are equipped with information and materials to share with their families.

Strategies

To complement the classroom lessons, policy, system and environmental changes are encouraged to promote healthy choices. Schools receive support and assistance with school gardens and other farm to school activities as well as physical activity interventions. Social marketing campaigns further support healthy eating and physical activity.

Partners

The Iowa Department of Public Health (IDPH) collaborates with the Iowa Department of Human Services to administer the program. In local communities, IDPH partners with school districts, county public health, Iowa State University Extension and Outreach county offices and a community action acgency to deliver the program to more than 24,000 students in 22 school districts, 117 elementary buildings.

Financial Support

Funding for the program comes from USDA's Supplemental Nutrition Assistance Program Education, known as SNAP-Ed. IDPH used a competitive process to equitably award schools across the state. Eligible schools had at least 55% (rural areas) or 60% (urban areas) student participation in free and reduced price meals.

IOWA Department of PUBLIC HEALTH lowa Nutrition Network School Grant Program: 2020-2021 Clinton Jackson Scott Dubuque Muscatine Des Moines Cedar Jones Louisa Delaware Allamakee Clayton Lee Henry Johnson Washington Linn Buchanan Winneshiek Fayette Jefferson Van Buren Benton lowa Keokuk Black Hawk Wapello Chickasaw Howard Bremer Davis Poweshiek Tama Mahaska Floyd # Pick a **better** snack™ Grundy Mitchell Appanoose Butler Monroe 22 participating school districts Marshall Jasper Marion Cerro Gordo R Wayne A 117 elementary schools Hardin Worth Franklin 18 project contractors Lucas Polk # Story Warren Hamilton Hancock Wright Clarke Decatur Dallas Boone Madison Webster Kossuth Humboldt Ringgold Union Greene Guthrie Adair Pocahontas Calhoun Emmet Palo Alto Participating School Districts Adams Taylor Carroll Audubon Cass Project Contractors Buena Vista Dickinson Montgomery Sac Clay Page Shelby Crawford Pottawattamie Cherokee da Osceola 0'Brien Freemont Mills Harrison Monona Woodbury Sioux Plymouth Lyon

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. It was developed by the lowa Department of Public Health in partnership with the lowa Department of Human Services. This institution is an equal opportunity provider.